

Breakfast for Lunch with Nurse Steve



Thursday, December 10, Noon

Nurse Steve's talk will be
"Is Laughter really the best medicine?
A discussion of ways laughter benefits
mood and general health."

Bring your friends and enjoy a delicious breakfast for lunch.
A variety of breakfast foods will be offered.

Sign-up by Tuesday, December 8
\$4.68 (Regular meal cost)



Urbana Senior Center
9020 Amelung Street, Frederick, MD 21704
(located on the lower level of the Urbana Regional Library)

301-600-7020 • UrbanaSeniorCenter@FrederickCountyMD.gov
www.FrederickCountyMD.gov/aging